

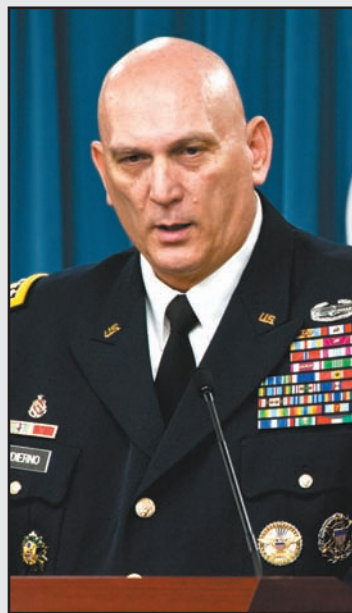
TRACKING ...

NEWS



Post CSM Benson
to be welcomed

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despite cutbacks

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FMWR

Dance scheduled
for parents, kids

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The Fort Jackson Leader



Thursday, February 2, 2012

Published for the Fort Jackson/Columbia, S.C. Community

www.jackson.army.mil

Final salute



Photo by JAMES ARROWOOD, command photographer

Drill sergeants carry the casket bearing retired Master Sgt. John Baker from the Post Theater Friday after a memorial service. Baker, who received the Medal of Honor for his actions in Vietnam, died Jan. 20 at his home.

Post mourns Medal of Honor recipient

By SUSANNE KAPPLER
Fort Jackson Leader

An estimated 1,300 Soldiers lined the streets of Fort Jackson and hundreds more filed into the Post Theater for a memorial service in honor of retired Master Sgt. John Baker, a Medal of Honor recipient who died Jan. 20 at his home in Northeast Columbia.

The ceremony began with a caisson procession along Jackson Boulevard that ended at the Post Theater, where Baker was remembered for his heroism on the battlefield as well as a devoted husband to his wife, Donnell, and a compassionate and caring man.

"He was not only someone whom you wanted to have by your side in combat, but he also reached out to others all his life in a caring, compassionate, considerate manner and treating everyone with respect and dignity," said retired Lt. Gen. Robert Foley, who was Baker's company commander in Vietnam and was awarded the Medal of Honor alongside Baker in 1968.

Baker and Foley were assigned to Company A, 2nd Battalion, 27th Infantry Regiment (Wolfhounds) when on Nov. 5, 1966, they were engaged in a fierce battle with Viet Cong forces. Both men received the Medal of Honor for their heroic actions during that battle.

Foley said Baker embodied the Army Values.

"Master Sgt. John Baker was a terrific Soldier. He had great strength and character," Foley said. "I will tell you that the strong values which he possessed were instilled in him long before he became a Wolfhound. Nobody had to explain to him the meaning of loyalty, duty, respect, selfless service, honor, integrity and personal courage. These values were part of his basic character. Nobody had to explain to him what is meant by, 'I will never leave a fallen comrade,' because he was always there for his fellow Soldiers."

See **BAKER:** Pages 16-17

Post proudly celebrates black history

Each February, Fort Jackson takes pride in its celebration of Black History Month, providing Soldiers, Family members and civilians the opportunity to learn about the many achievements and sacrifices African-Americans have made during the course of our history. The theme of this year's celebration is "Black Women in American Culture and History."

From the Revolutionary War to present day, African-American women have made major contributions in the building of our nation. Their labor, leadership, motherhood and patriotism, as well as their intellect and artistic expression, have enriched our nation. In fact, their struggles have been at the heart of the human experience.

Black women had been subjected to a long history of stereotypes, yet they have continuously demonstrated a warrior spirit in never succumbing to victimhood. Perhaps this helped influence the Association for the Study of African American Life and History to select this theme for 2012, so that all of us could explore African American women's roles in the making of America. The association points to countless examples of the many black women in history who have stood tall in the face of adversity.

These include: Phillis Wheatley, an American patriot

**MAJ. GEN.
JAMES M. MILANO**

*Fort Jackson
Commanding
General*



during the Revolutionary War; Harriet Tubman, the leader of the Underground Railroad from slavery; Ida B. Wells, an unyielding opponent of lynching; and Rosa Parks, the mother of the modern civil rights movement. All of these women have made history fighting oppression and their stories are worth noting and revisiting.

To comprehend the history of African-American women is to expand our understanding of our nation's people and our country itself. Incidentally, the history of Black History Month itself is something that is always worth noting:

❑ In 1926, Carter G. Woodson, the founder of the Association for the Study of African American Life and

History, initiated "Negro History Week."
❑ The month of February was chosen because of the birthdays of both Frederick Douglass, a former slave, renowned orator, journalist and advocate; and America's 16th president, Abraham Lincoln, who issued the Emancipation Proclamation in 1863, that declared "forever-free" slaves within the American Confederacy.
❑ Former President Gerald R. Ford announced the first official Black History Month, expanding the celebration from one week to include the entire month.

Fort Jackson is proud to take part each year in the Black History Month celebration. Later this month, the 165th Infantry Brigade will host the annual Black History Month luncheon, which promises to be a superb event.

The guest speaker will be Dr. Constella Hines-Zimmerman, who currently serves as an adviser and adjunct professor at Webster University.

The annual luncheon is planned for Feb. 24 from 11:30 a.m. to 1 p.m. at the Solomon Center. To purchase tickets, see the Installation Equal Employment Office, a brigade equal opportunity adviser or unit equal opportunity leader. I look forward to seeing you there.

Army Strong and Victory Starts Here!

The Fort Jackson Leader

Fort Jackson, South Carolina 29207

This civilian enterprise newspaper, which has a circulation of 15,000, is an authorized publication for members of the U.S. Army. Contents of the Fort Jackson Leader are not necessarily the official views of, or endorsed by the U.S. Government, the Department of Defense, Department of the Army or Fort Jackson.

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For questions or concerns about subscriptions, call (803) 432-6157. To submit articles, story ideas or announcements, write the Fort Jackson Leader, Fort Jackson, S.C. 29207, call (803) 751-7045 or e-mail fjleader@gmail.com.

*Commanding General.....Maj. Gen. James M. Milano
Garrison Commander.....Col. James J. Love
Public Affairs Officer.....Karen Soule
Command Information Officer.....Joseph Monchecourt
Editor/Staff writer.....Susanne Kappler*

Website: www.jackson.army.mil

Retiring from service



Photo by JAMES ARROWOOD, command photographer

From left, Col. Roosevelt Corpening, Sgt. 1st Class Eric Spencer, Staff Sgt. Ruben Delvalle, Staff Sgt. Alford Reed and Staff Sgt. Barbara Quintero are honored during Retirement Review at Post Headquarters Tuesday. The Soldiers retired after a combined 131 years of service.



The *Leader* welcomes letters to the editor. All letters should include the name and hometown of the writer. The *Leader* reserves the right to edit letters for grammar, style, spelling and brevity. Send your letter to FJLeader@gmail.com. Call 751-7045 for information.

Post to welcome new CSM

Leader Staff Report

The Army Training Center and Fort Jackson will welcome its new top enlisted Soldier with an Assumption of Responsibility ceremony at 3 p.m., Tuesday, in front of Post Headquarters.

Command Sgt. Maj. Kevin Benson enlisted in the Army in November 1985. He attended infantry One Station Unit Training at Fort Benning, Ga., followed by Basic Airborne Training.

Benson most recently served as the command sergeant major for the 1st Brigade Combat Team, 327th Infantry Regiment, 101st Airborne Division at Fort Campbell, Ky.

Throughout his career, Benson has served in a variety of positions, including as a drill sergeant with Company E, 2nd Battalion, 19th Infantry Regiment at Fort Benning.

He was deployed to Iraq as operations

sergeant major with the 1st Squadron, 61st Cavalry Regiment and as first sergeant with Headquarters and Headquarters Company, 1st Battalion, 327th Infantry Regiment.

Benson is a graduate of the United States Army Sergeants Major Academy (Class 54). His military education includes the Basic Airborne Course, Jumpmaster Course, Pathfinder Course, Mountain Warfare Course, Long Range Surveillance Leaders Course, and Jungle Operations Course.

Benson's awards include the Bronze Star (4th Award), Meritorious Service Medal (5th Award), Army Commendation Medal with V device, Army Commendation Medal (9th Award), Army Achievement Medal (7th Award), Valorous Unit



BENSON

Award, Meritorious Unit Commendation, National Defense Service Medal, Afghanistan Combat Medal, Iraqi Combat Medal, Global War on Terror Expedition Medal, Global War on Terror Service Medal, NCO Professional Development Ribbon (Numeral 4), Army Service Ribbon, Overseas Ribbon (3rd Award), NATO Medal, NATO MSM, and Canadian Foreign Jump Wings.

As an infantryman, he has also earned the Expert Infantryman's Badge, Combat Infantryman's Badge, Pathfinder Torch, Air Assault Wings, Master Parachute Badge, Drill Sergeant Badge, and the Ranger Tab.

Benson is married to Mary Lankford Benson. The couple has two sons, Kevin Benson Jr. and Ryan Lankford.

News and Notes

TOWN HALL TO USE FACEBOOK

The next Fort Jackson town hall meeting is scheduled for 6 p.m., Tuesday, at the Solomon Center.

Community members can post questions to the garrison's Facebook account. To post questions, log on to Facebook, look for "U.S. Army Garrison Fort Jackson, SC" and like the page.

AAFES TO SEND VALENTINES

Army and Air Forces Exchange Service shoppers are invited to participate in the "Valentines for Veterans" campaign, which sends greetings to local VA hospitals, Fisher House locations and military retirement facilities.

Shoppers can fill out provided cards or drop off cards at the Exchange through Monday. The drop off box is located at the front entrance of the store.

CPAC CORNER

OFF-DUTY EMPLOYMENT

Army personnel must not engage in outside employment that:

- ☐ Interferes with their ability to perform their government duties.
- ☐ Appears to create conflicts of interest involving the Army or the United States government.
- ☐ May reasonably be expected to bring discredit or criticism against the employee or the Army.

This restriction further disallows canvassing, soliciting and peddling of goods and products (AVON, school candy, etc.) by employees during working hours.

Civilian employees must normally obtain official permission before engaging in off-duty employment if the prospective employer transacts or is proposing to transact business with the Department of Defense or its departments. Inquiries regarding the appropriateness of off-duty employment should be directed to the Judge Advocate's Office.

The DoD Standards of Conduct Office maintains a website which contains information on employment restrictions.

For more Fort Jackson photos, visit www.flickr.com/fortjacksonpao

National Prayer Breakfast

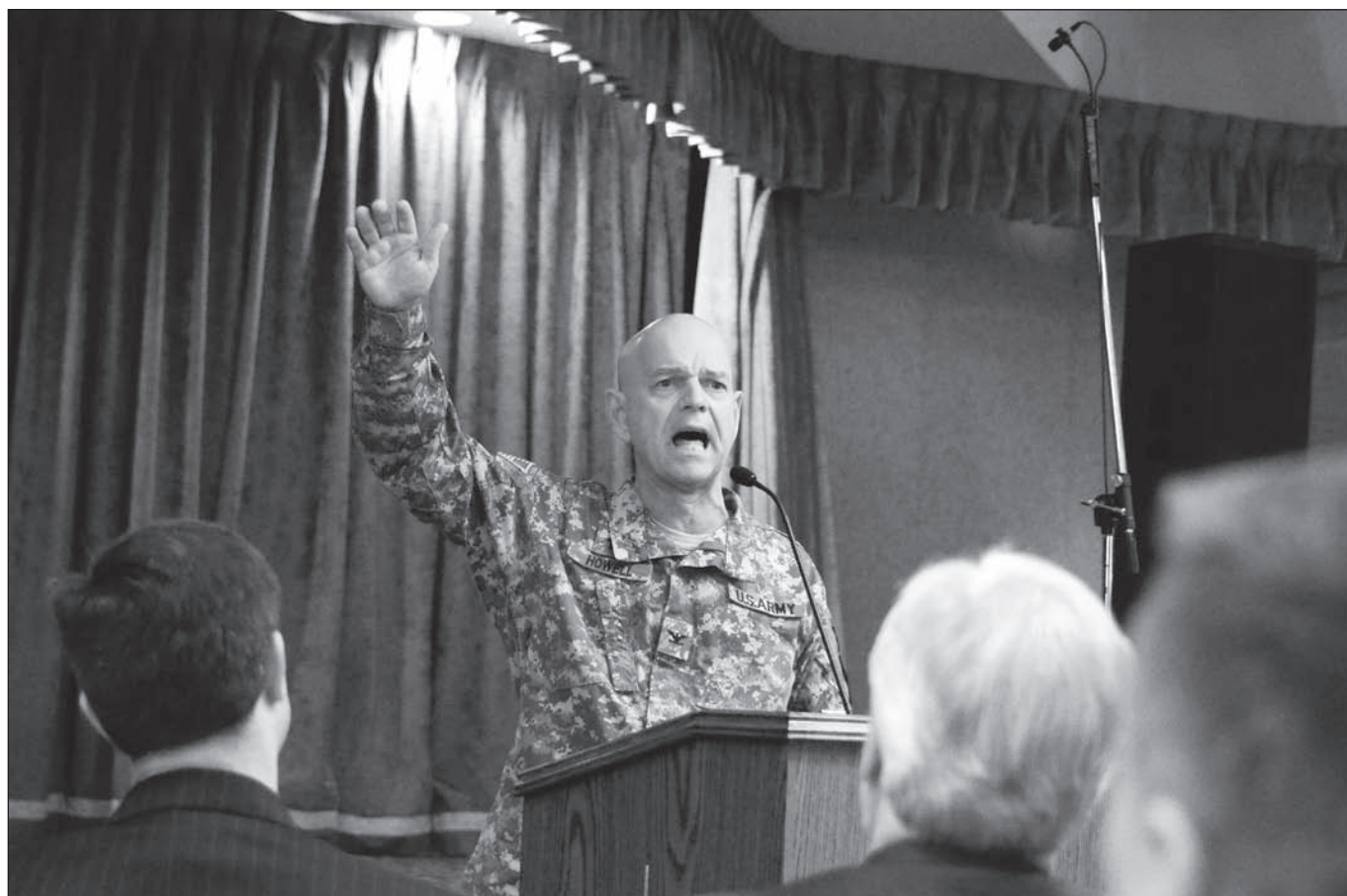
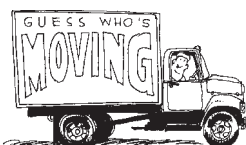


Photo by JAMES ARROWOOD, command photographer

Chaplain (Col.) Charles Howell, IMCOM chaplain, speaks to the crowd during Fort Jackson's National Prayer Breakfast Wednesday at the NCO Club. Howell's address was about "something worth fighting for," referencing 2 Samuel 23:11-12. The event also featured performances by the Hammond School Ensemble and Cheryl Jackson, as well as prayers by chaplains from different religious traditions.



We've moved!

Email story ideas and announcements to the Fort Jackson Leader at FJLeader@gmail.com

Housing Happenings

COMMUNITY UPDATES

❑ The Residential Communities Office (currently located at 2441 Essayons Way) and the Housing Services Office (currently located in the Strom Thurmond Building, Room 241) will move Feb. 13-17 to Building 4514 on the corner of Strom Thurmond Boulevard and Marion Avenue. Landline phones and computer systems will be unavailable during the transition. For immediate assistance call Emma Watson at 338-4809 or Vickie Grier at 413-8199.

❑ The Housing Services Office will host a new construction workshop from 11 a.m. to 1 p.m., Wednesday, at the Post Conference Room. Professionals will share important aspects of new home construction and home buying tips. The event is open to all ID card holders. Lunch will be provided. To register, call 751-9323/5788 by Monday.

❑ Self-made fire pits (including fireplaces and chimineas) are strictly prohibited in the housing area. Fire pits must not be used indoors, on porches, in garages or in carports. Fire pits must be under close supervision of an adult at all times when in use. The only material approved for burning in fire pits is raw, untreated wood. A garden hose must be readily available at all times when using fire pits. Fire pits must be enclosed on all sides and have a cover and be of a type approved by the Fort Jackson Fire Department. They must be located at least 10 feet away from combustible materials and all buildings when in use. After using a fire pit, embers must be completely extinguished with water. Users must also follow all manufacturers' recommended procedures and safety precautions. Fire pits must be properly stored when not in use. They must not be left unattended for extended periods in front yards. Storage out of plain sight is encouraged. Residents can schedule an inspection of their fire pit by calling 751-1610/1611/5239/1411.

❑ Refer someone to move on post to receive \$200.

❑ Pets are not allowed to be tied to a rope or chain and left unattended outside. While outdoors, pets should be on a leash or within the confines of a fence. For more information on the pet policy, call 738-8275.

❑ Residents should return trash bins to their designated storage area after pick-up to keep the neighborhood looking its best and to avoid discrepancy notices.

❑ Learn more about the different housing offices by visiting www.jackson.army.mil/sites/info/pages/389.

CONSTRUCTION UPDATES

❑ To date, 605 homes have been completed.

❑ Only 5 homes in the junior noncommissioned officer housing area remain to complete the 610 new homes planned for the area.

Employees now may request retirement estimates online

From the Civilian Personnel Advisory Center

Electronic retirement estimates are now available online. Current DA employees who are eligible for a voluntary or optional retirement within the next five years can now request a retirement estimate electronically through the Employee Benefits Information System (EBIS).

To request an estimate, the employee should log into EBIS through the ABC-C website at <https://www.abc.army.mil> and click on the "HR Link" button. Eligible employees will be asked a series of questions about their retirement estimate request. Once submitted, the request will flow electronically to ABC-C where the request will enter a queue to be worked. The completed estimate will be electronically returned to the employee's EBIS account and, similar to the system used by the Defense Finance and Accounting Service for receipt of leave and earnings statements, an email notification will be sent to the employee that the estimate is

available in EBIS.

Employees who are not within five years of voluntary retirement and click on the "HR Link" button will receive a notice that they are ineligible to request an electronic estimate. Employees who are not within five years of voluntary retirement eligibility but who wish to receive an estimate (Minimum Retirement Age (MRA)+10, Voluntary Early Retirement Authority (VERA), disability and deferred retirement) will not be able to use the electronic option at this time. These employees will need to request their estimate by calling the ABC-C automated phone line at (877) 276-9287 and speaking with a retirement counselor.

Offering this online option provides greater protection of personally identifiable information, reduced costs associated with paper mailings and convenience for the employee in both requesting the estimate electronically and obtaining the estimate more quickly.

RETIREMENT
PLANS
AHEAD

School house combatives



Photo by JULIA SIMPKINS, U.S. Army Chaplain Center and School

Staff Sgt. James Gladden, left, Advanced Individual Training instructor at the U.S. Army Chaplain Center and School, restrains Pfc. Eric Williams to demonstrate a move to Pvt. Ann Malone during combatives training Jan. 23. Combatives training is part of AIT for chaplain assistants.



Want more Fort Jackson news?
Watch Fort Jackson video news stories and Victory Updates
at <http://www.vimeo.com/user3022628>



Odierno confident in drawdown plans

By LISA DANIEL

American Forces Press Service

WASHINGTON — The Army will remain capable through its planned drawdown of 80,000 Soldiers and at least eight brigade combat teams, its chief of staff said.

Gen. Raymond T. Odierno told reporters during a Pentagon news briefing last week that he is comfortable with the cut in end strength because it reflects changing national security needs, and will be spread over six years.

“An Army of 490,000 in 2017 will be fundamentally different and more capable than the Army of 482,000 that we had in 2001,” he said, noting that today’s troops are combat-seasoned from 10 years of war.

The drop from the current 570,000 Soldiers is planned as part of the Defense Department’s long-term budget process, and in coordination with President Barack Obama’s 10-year military strategy released earlier this month. After five years of growing the Army to meet combat needs in Iraq and Afghanistan, Odierno said “the time is strategically right” to reduce end strength, especially since the strategy does not call for planning for large-scale ground wars.

“This will be done in a responsible and controlled man-

ner,” he told reporters. “(Army) Secretary (John) McHugh and I are committed to walking down this hill at the ready, rather than running our nation’s Army off a cliff.”

Odierno called the process leading up to the strategy and budget proposal “unprecedented” in its collaboration with the services. The Army’s No. 1 priority of fighting and winning wars is “non-negotiable,” he said, “but that’s not the only role of the Army,” which provides a range of capabilities to joint forces.

Under the proposed budget, the Army would increase funding for special operations, cyber and aviation, while maintaining its reliance on a fully operational reserve, Odierno said. It will maintain readiness across its entire force to avoid “tiered readiness,” he said.

The Army will prioritize its presence in the Asia-Pacific region, which is home to seven of the world’s 10 largest armies, the general said, and continue to focus on the Middle East, while maintaining only a “small footprint” in Latin America and Africa.

At the same time, the Army will pull two heavy brigade combat teams out of Europe — one in 2013, and the other in 2014 — as part of a drawdown of at least eight brigade combat teams, Odierno said. The two European-based teams will be replaced with rotating training units, which

likely will be battalions and companies, he said.

The change “will benefit all of us,” allowing for a better diversification of forces for NATO training, he said. “I really see this as a model for how we’ll do things in the future.”

A focus of the new military strategy is to maintain and build international partnerships for military collaboration, but, Odierno noted, “I still think we’re going to have plenty of capacity to lead with boots on the ground.”

The Army will save money by eliminating redundancies and trimming its headquarters budget, the general said. Also, Pentagon leaders will discuss with Congress the possibility of two more rounds of the Base Realignment and Closure process, he said, although the Army likely would be less affected because it has undergone heavy BRAC closures already.

The Army must curtail the rate of growth in personnel costs, Odierno said, but is not planning for pay cuts. And, most troop reductions will be done through attrition, he said.

Odierno, who previously headed U.S. Joint Forces Command, rejected suggestions that the Army is being looked at disproportionately for budget savings.

“This is not about winners and losers,” Odierno explained. “It’s about coming up with the right joint force.”

Driver education



Photos by STAFF SGT. MYLINDA DUROUSSEAU, Third Army/ARCENT

Above, Sgt. Ronaldo Anderson, Third Army/ARCENT light wheeled mechanic, demonstrates how to navigate the daytime driving course during a 40-hour driver’s training class. Nine Soldiers attended the training at the Shaw Air Force Base main command post Jan. 16-20. The training is required to be licensed to perform preventive maintenance and checks and operate a Humvee. The training includes classroom instruction, night driving, day driving, a written exam and preventive maintenance checks and services. Right, Staff Sgt. George Helene, Third Army/ARCENT intelligence analyst, performs a preventive maintenance and checks test as part of the training course.

Reductions reshaping the military

By **JIM GARAMONE**
American Forces Press Service

WASHINGTON — Spending priorities in the forthcoming fiscal 2013 defense budget request call for reductions in the end strength of the Army and Marine Corps, an increase in special operations forces and maintaining the number of big-deck carriers, Defense Secretary Leon E. Panetta said last week.

The Pentagon’s budget topline request is set at \$525 billion for fiscal 2013 with an additional \$88.4 billion for overseas contingency operations — mostly in Afghanistan. This is down from \$531 billion and \$115 billion, respectively, in this fiscal year.

DoD officials used the new defense strategy guidance that President Barack Obama announced earlier this month to shape the budget request, the secretary said.

The budget seeks to minimize the impact of cuts on personnel accounts. Service members will receive their full pay raises in fiscal 2013 and 2014, Panetta said. “We will achieve some cost savings by providing more limited pay raises beginning in 2015,” he added.

Health care is another important benefit, and one that has far outpaced inflation. Changes to health care will not affect active duty personnel or their families, Panetta said.

“We decided that to help control growth of health care costs, we are recommending increases in health care fees, co-pays and deductibles for retirees,” he said. “But let me be clear that even after these increases, the cost borne by military retirees will remain below the levels in comparable private-sector plans.”

Overall, the request puts DoD on the path to save \$259 billion over the next five years and \$487 billion over the next 10. Panetta called the budget “a balanced, complete package” that keeps the American military the pre-eminent force in the world.

It is a balanced package, the secretary said, because while some programs are eliminated or delayed, others are increased. The budget looks to re-shape the military to be a more agile, quick and flexible force that incorporates the lessons learned in 10 years of war, he added.

Increasing the number of special operations forces is key to the plan, Panetta said, and special operators will begin to shift back to their traditional pre-9/11 mission of instructing local forces.

The request puts the Army on a path to drop to 490,000 Soldiers and the Marine Corps to 182,000 Marines over five years. Currently, the two services have 562,000 and 202,000 active-duty members, respectively. The secretary noted this is still higher than the numbers on 9/11.

The budget treats the reserve components very carefully, Panetta said. After a decade of being an integral part of America’s wars, the reserve components will not go back to being a strategic Cold War-era reserve. The reserves will be the nation’s hedge against the unexpected, the secretary said.

“We are making only marginal reductions in the Army Reserve and Army National Guard, and no reductions in the Marine Corps Reserve,” the secretary said. “The Air Force will make balanced reductions in the Air Guard that are consistent with reductions in the active component and Air Force Reserve.”

The request also calls for more base realignments and closures, and a “BRAC-like” authority to recommend changes to military retirement. “But the president and department have made clear that the retirement benefits of those who currently serve will be protected by grandfathering their benefits,” Panetta said.

The budget maintains the current U.S. focus in the Central Command region and increases American commitment to the Pacific Command area of operations. The request looks to maintain the Navy’s current 11 aircraft carriers and 10 carrier air wings, Panetta said. It will also maintain the current Marine and Army posture in the Asia-Pacific region, and will base littoral combat ships in Singapore and Bahrain.

The budget will eliminate two forward-based Army heavy brigades in Europe. Instead, brigades will rotate in and out of the area. The United States and European allies also will look to share costs for new capabilities such as the alliance ground surveillance program.

Panetta stressed the budget is based on strategy and will shape the force for the future. While the pain of cuts will be felt across the country, he said, it will also ensure a strong, agile military for the future.

The budget must pass Congress, and the secretary said he hopes members of Congress understand the strategy and nuances of the budget.

“My hope is that when members understand the sacrifice involved in reducing the defense budget by half a trillion dollars, it will convince Congress to avoid sequestration, a further round of cuts that would inflict severe damage to our national defense for generations,” Panetta said.

Controlled burn



Photo by JIM OLSEN, Plans, Analysis and Integration Office

Fort Jackson firefighters secure the black line along Wildcat Road during the controlled burn of 120 acres Saturday. The Environmental Control Division of the Directorate of Public Works burns 15,000 acres each year to reduce the risk of wildfires and help restore the longleaf pine ecosystem.



Friday, Feb. 3 — 4 p.m.
Race to Witch Mountain PG

Friday, Feb. 3 — 7 p.m.
We Bought a Zoo PG

Saturday, Feb. 4 — 4 p.m.
Alvin and the Chipmunks G

Sunday, Feb. 5 — 4 p.m.
We Bought a Zoo PG

Wednesday, Feb. 8 — 1:30 p.m.
We Bought a Zoo PG

Wednesday, Feb. 8 — 4 p.m.
Alvin and the Chipmunks G

Adults: \$4.50
Children (12 and younger): \$2.25

For more listings, visit www.aafes.com or call 751-7488.

SUBMISSION GUIDELINES

☐ Send all submissions to FJLeader@gmail.com or to usarmy.jackson.93-sig-bde.mbx.fj-leader@mail.mil.

☐ For more information, call 751-7045.

Calendar

Tuesday
Post command sergeant major —
Assumption of responsibility
 3 p.m., Post Headquarters

Town hall meeting
 6 p.m., Solomon Center

Thursday, Feb. 16 — Saturday, Feb. 18
Seafood road show
 10 a.m. to 7 p.m., Commissary

Tuesday, Feb. 21
Military Saves Week: Are you retirement ready?
 9 a.m. to 12:45 p.m., 81st Regional Support Command, Auditorium
 For more information and to register, call 751-5256.

Friday, Feb. 24
Black History Month luncheon
 11:30 a.m., Solomon Center

Housing events

All events are held in the Community Center, 520 Brown Ave., unless otherwise specified. Call 738-8275 for information.

Ongoing
Book drive
 Balfour Beatty will be collecting books throughout February to donate to the Richland County Public Library.

Friday, 7:30 a.m. to 6 p.m.
National Wear Red Day
 Wear red in support of heart disease

awareness. Come to the Community Center to show off your red clothes and receive a free “Go Red for Heart Disease Awareness” bracelet while supply lasts.

Through Feb. 10
Essay contest
 Why do you love your Valentine? Submit your answer in an essay to ayoungblood@bbcgrp.com. Each submitter will receive a Valentine's goodie bag. The winner will receive flowers to give to his or her Valentine. Entries are due no later than 6 p.m., Feb. 10.

Announcements

GARDEN PLOTS
 Garden plots in Victory Gardens and in family housing are up for renewal. Permits are valid for a 12-month period beginning Feb. 1. Garden plots are issued first to permanent party Soldiers, then to retired service members.
 Remaining plots are available to civilian employees. For more information, call Valerie Kinsley at 751-7126 or visit the Directorate of Public Works, Building 2562, Room 115.

SLOGAN SOUGHT
 The Fort Jackson Environmental Management Branch is seeking ideas for a recycling slogan. Submissions are due March 1. Send your ideas to Lisa.A.Mcknight11.ctr@mail.mil. The winning slogan will be used for upcoming recycling events and items.

COMMUNITY TOUR SET
 A “Come see your Army” tour is scheduled for Feb. 16. Participants will attend

a Basic Combat Training graduation; observe Soldiers in training; get hands-on experience with a state-of-the-art weapons simulator system; and more. RSVP is required by Feb. 13. For more information and to register, call 751-1474.

AA MEETINGS
 Fort Jackson Alcoholics Anonymous has scheduled open meetings for 9 to 10 a.m., Wednesdays and Fridays, at 9810 Lee Road. For more information, call 751-6597.

UNIT PREVENTION LEADER CLASS
 The next Army Substance Abuse Program Unit Prevention Leader class is scheduled from 8 a.m. to 4 p.m., March 26-30 at 9810 Lee Road. For more information, call 751-7949/5007.

BASIC SKILLS EDUCATION
 The next Basic Skills Education Program course is scheduled to run Feb. 7 through March 2. Classes meet from 8 a.m. to 2 p.m., Tuesday through Thursday. The program provides Soldiers with remediation in reading, mathematics and test-taking skills. Soldiers may improve their basic skills by enrolling in the BSEP class and using online training resources. Applications are available at the Education Center, Room A100. For more information, call 751-5341

CIF CLOSURE
 The Central Issue Facility will be closed through Friday for the fielding of new equipment. CIF will reopen for normal operations Monday.

MG URSANO SCHOLARSHIP
 The MG James Ursano Scholarship

Program offers scholarships for dependent children of active, retired and deceased Soldiers. The scholarships are awarded based on financial need, academics and leadership/achievement. The deadline to apply is April 2. For more information, visit www.aerhq.org or call (866) 878-6378.

Visit the community calendar at www.jackson.army.mil for a full listing of calendar events.

Send your announcements to fjleader@gmail.com. Community announcements may be edited to comply with Leader style and Public Affairs regulations. Announcements are due one week before the publication date. For more information, call 751-7045.

For information about classified advertising, contact Camden Media Co. at 432-6157. Classified ads may also be sent by fax to 432-7609 or by email to skaress@ci-camden.com.

For information about display advertising, contact Kathy at 786-5681.

Off-post events

The Fort Jackson Leader accepts only off-post announcements for those organizations or events that directly relate to service members and their families.

OCS ALUMNI REUNIONS
 The Army Officer Candidate Schools Alumni Association, Inc. has scheduled reunions for graduates of Army officer candidate schools, regardless of location or branch, April 25 through 29 at Fort Benning, Ga. For more information, email Army@OCSAlumni.org or call (706) 221-8720.



A penny for your toys

Rose Edmond, right, chief of Child, Youth and School Services, unpacks boxes of toys during Friday's Penny Carnival at the Solomon Center. The carnival offered fun and games for children of all ages.

Photo by JIM OLSEN, Plans, Analysis and Integration Office

Saluting this Basic Combat Training cycle's honorees

DRILL SERGEANTS OF THE CYCLE



Staff Sgt. Saul Medrano
Company A
3rd Battalion,
13th Infantry Regiment
SOLDIER LEADER OF THE CYCLE
Spc. Maikel Masoud

SOLDIER OF THE CYCLE
Pfc. Joseph Quemado

HIGH APFT SCORE
N/A

HIGH BRM
Pfc. Wade Hansen



Staff Sgt. Lathaniel Forristall
Company B
3rd Battalion,
13th Infantry Regiment
SOLDIER LEADER OF THE CYCLE
Pfc. Patrick Plumberg

SOLDIER OF THE CYCLE
Pfc. Hau Nyguen

HIGH APFT SCORE
Pfc. Samuel Spurling

HIGH BRM
Pfc. Hector Bermudez



Staff Sgt. Jeffery Schulz
Company C
3rd Battalion,
13th Infantry Regiment
SOLDIER LEADER OF THE CYCLE
Pfc. Richard Kalinowski

SOLDIER OF THE CYCLE
Pvt. Tanner Ellenberg

HIGH APFT SCORE
Pfc. Craig Payne

HIGH BRM
Pvt. Nicholas Fankhauser



Staff Sgt. Ashley Ledet
Company D
3rd Battalion,
13th Infantry Regiment
SOLDIER LEADER OF THE CYCLE
Spc. Michael Lemus

SOLDIER OF THE CYCLE
Spc. Melissa Perez

HIGH APFT SCORE
Pfc. Terrence Laisin

HIGH BRM
Pvt. Victoria Watlington



Staff Sgt. Tasalaotele Vaughn
Company E
3rd Battalion,
13th Infantry Regiment
SOLDIER LEADER OF THE CYCLE
Pvt. Adrian McKinney

SOLDIER OF THE CYCLE
Pfc. Jason Sampson

HIGH APFT SCORE
Spc. Ashley Harris

HIGH BRM
Pvt. Jonathan Craig



Sgt. Candice Graham
Company F
3rd Battalion,
13th Infantry Regiment
SOLDIER LEADER OF THE CYCLE
Spc. James Redmon

SOLDIER OF THE CYCLE
Spc. Walker Dickinson

HIGH APFT SCORE
Pvt. Joshua Paone

HIGH BRM
N/A

SUPPORT AWARDS OF THE CYCLE

STAFF SUPPORT
Sgt. 1st Class Lydwina Robinson

TRAINING SUPPORT
Gwendolyn Brantley

SERVICE SUPPORT
Vivian Robinson
Donald Miner

DFAC SUPPORT
Timothy Fischer

FAMILY SUPPORT
Starr Clayton

Training honors



Sgt. 1st Class Francine Chapman
Platoon sergeant of the cycle
369th Adjutant General
Battalion



Staff Sgt. Jennifer Martinez
Instructor of the cycle
369th Adjutant General
Battalion



Sgt. 1st Class Nathan Croteau
Cadre of the cycle
369th Adjutant General
Battalion

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Send your submissions to FJLeader@conus.army.mil. For more information, call 751-7045.



February Promotions

Name	Rank	Name	Rank	Name	Rank
BAGLEY, James E.	LTC	MONTCALM, Richard A. Jr.	MAJ	ACEVEDOSANCHEZ, Edgardo	MSG
BARRY, John M. Jr.	LTC	NGUYEN, Vinh B.	MAJ	INIGUEZ, Betty R.	MSG
McCULLUM, Kimesha Y.	LTC	NIRENBERG, Samuel J.	MAJ	ALEXANDER, Jennifer M.	SFC
MELNYK, Richard V.	LTC	NOEL, Derek R.	MAJ	ALLEN, Michael J.	SFC
PAYNE, Gary G.	LTC	OQUENDO, Carlos C.	MAJ	BRYAN, Jovanna S.	SFC
POSTON, Laura N.	LTC	PICKETT, Josiah D.	MAJ	DANEY, David J. Jr.	SFC
BULTHUIS, Kenneth R.	MAJ	QUIMBY, Benjamin L.	MAJ	GONZALEZ, Steven M.	SFC
CAMPBELL, Thomas G. III	MAJ	RAMSEY, Renee E.	MAJ	HARDIE, Robert S.	SFC
CARDENAS, Angel M.	MAJ	ROCKWELL, Jeremy S.	MAJ	HENRIQUEZ, Janette	SFC
CONNER, Jeremy C.	MAJ	SANDERS, Joseph O.	MAJ	JENKINS, Denise J.	SFC
CUMPSTON, Meghan L.	MAJ	SHISLER, E. Ray	MAJ	LEWIS, Earnestine N.	SFC
ELLETT, Matthew H.	MAJ	SILK, Jonathan E.	MAJ	MOORE, Martina T.	SFC
ERLANDSON, Michael E.	MAJ	SONDERMANN, Karl P.	MAJ	RODRIGUEZCARDONA, David J.	SFC
FIGUEROA, Edward A.	MAJ	SWINNEY, Joseph D.	MAJ	WOOD, Joshua C.	SFC
FLYNN, Carlos D.	MAJ	THOMAS, Russell B.	MAJ	BROWN, Kendrick M.	SSG
FOGARTY, Shelia R.	MAJ	TIMMONS, Spencer T.	MAJ	JORDAN, Paul D.	SSG
FORD, Alexander S.	MAJ	TRAMMELL, Travis I.	MAJ	JOSEPH, Kayne	SSG
GARNEAU, Jason L.	MAJ	WAGNER, Daniel M.	MAJ	LEESTEWART, Evette T.	SSG
GLONEK, Joshua G.	MAJ	WARING, Alexander E.	MAJ	SECKINGER, Lee M.	SSG
GREGORY, Daniel A.	MAJ	WEAVER, Heath R.	MAJ	TEAL, Priscilla	SSG
JENEMANN, Gregory A.	MAJ	WORTHAN, Shannon R.	MAJ	WALLS, Lana L.	SSG
KEUSS, Megan J.	MAJ	DONALDSON, James D.	CW5	YARBROUGH, Timoty W.	SSG
KIM, Jason J.	MAJ	MATHIS, Ricky L.	CW3	ALFARO, Camilo	SGT
LAKE, Thomas J.	MAJ	VENTIMIGLIA, Dominic J.	CW3	DIXON, Shawn D.	SGT
LINZEY, Kevin M.	MAJ	WILLIAMS, Catherine E.	CW3	KARLEWICZ, Justin R.	SGT



Photo by JAMES ARROWOOD, command photographer
The flag in front of Post Headquarters flies at half staff Friday in honor of Medal of Honor recipient retired Master Sgt. John Baker.

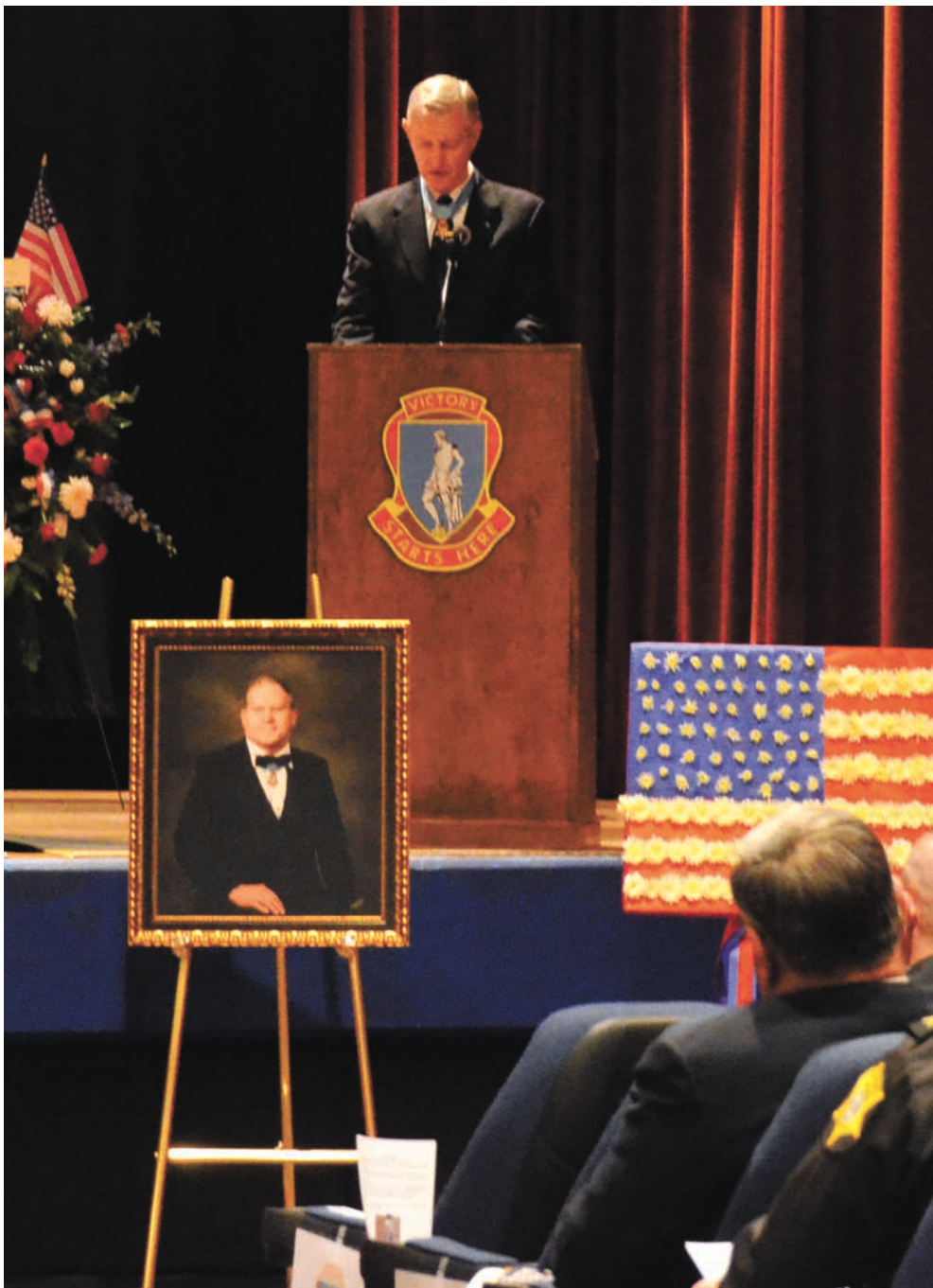


Photo by SUSANNE KAPPLER
Retired Lt. Gen. Robert Foley, who received the Medal of Honor alongside Baker, speaks at Friday's memorial service for Baker at the Post Theater.

A drill sergeant salute battery prepares to fire a salute outside the Post Theater Friday during the memorial service for retired Master Sgt. John Baker. Baker received the Medal of Honor in 1968 for his actions two years earlier as a Soldier with Company A, 2nd Battalion, 27th Infantry Regiment in Vietnam. Baker is credited with knocking out several enemy bunkers and engaging and killing enemy soldiers while evacuating numerous American casualties. Baker was born Oct. 30, 1945, in Davenport, Iowa. He will be buried at Arlington National Cemetery, Va.

Photo by JAMES ARROWOOD, command photographer



Baker remembered as true hero, devoted husband, modest man

Continued from Page 1

Retired Col. Kevin Shwedo, former deputy commanding officer of Fort Jackson, said that describing Baker in a short speech was “an absolutely impossible task.” Shwedo called Baker a “great American hero” and compared him to other highly decorated warriors such as Alvin York, Audie Murphy and Eddie Rickenbacker.

“John did not win the medal, he earned the medal. He launched into action to take care of his friends. He fought relentlessly for over two hours,” Shwedo said. “It was not a game he was playing when his friends were off at college. There were no timeouts, no halftime shows - only the love of his fellow Soldiers that kept him focused during a time that can only be described as absolute chaos.”

Col. Drew Meyerowich, commander of the 193rd Infantry Brigade and former commander of the 2-27th, said Baker took every opportunity to share his experiences.

“He simply did not understand the meaning of the word,

‘no,’” Meyerowich said. “Even immediately following open heart surgery — travelling to the dedication of the Baker Bridge, riding across the bridge on a Harley Davidson, and attending all of the ceremonies was never considered a task of which he would say, ‘No.’ They were all opportunities that he loved to share with everyone.”

The Sgt. John F. Baker, Jr. Bridge connects Interstate 280 between Baker’s hometown Davenport, Iowa, and Rock Island, Ill. The bridge was named after Baker in 2008.

“So many people look at John Baker and see the Medal of Honor,” Meyerowich said. “I will tell you that the medal is not the man.

The man is the medal. The citation paints a picture of a giant, but meeting the man, knowing the man was truly what made me see this five-foot-two tall man as a giant.”

Installation Chaplain (Col.) Bart Physioc revealed



BAKER

some of Baker’s personal side as he read a “Dear John” letter written by Baker’s wife, Donnell.

“We smiled and laughed every day. You said, ‘Thank you’ for everything. An hour of the day did not go by without you saying, ‘I love you,’” the letter read.

Physioc, Shwedo and Meyerowich also talked about Baker’s extensive collection of eagle replicas, which were on display at Baker’s home.

“This bird describes the man — brave, noble, powerful, strong and even majestic. I find it interesting that John once told Donnell that he would return as an eagle,” Shwedo

said. “So now, for the rest of my life, I will look frequently into the skies for that lone, soaring eagle, knowing that when I find it, I will have found John’s spirit among us.”

Susanne.Kappler1@us.army.mil



Photo by JAMES ARROWOOD, command photographer

A caisson procession along Jackson Boulevard passes by Soldiers lining the street to honor Medal of Honor recipient retired Master Sgt. John Baker.

CYSS Sweetheart Ball makes Valentine's Day a family treat

By **THERESA O'HAGAN**

*Family and Morale,
Welfare and Recreation*

Date night for parents is great. Date night on Valentine's Day is even better. However, the cost of a baby sitter and those sad little faces as you walk out the door without your kids ... not so great.

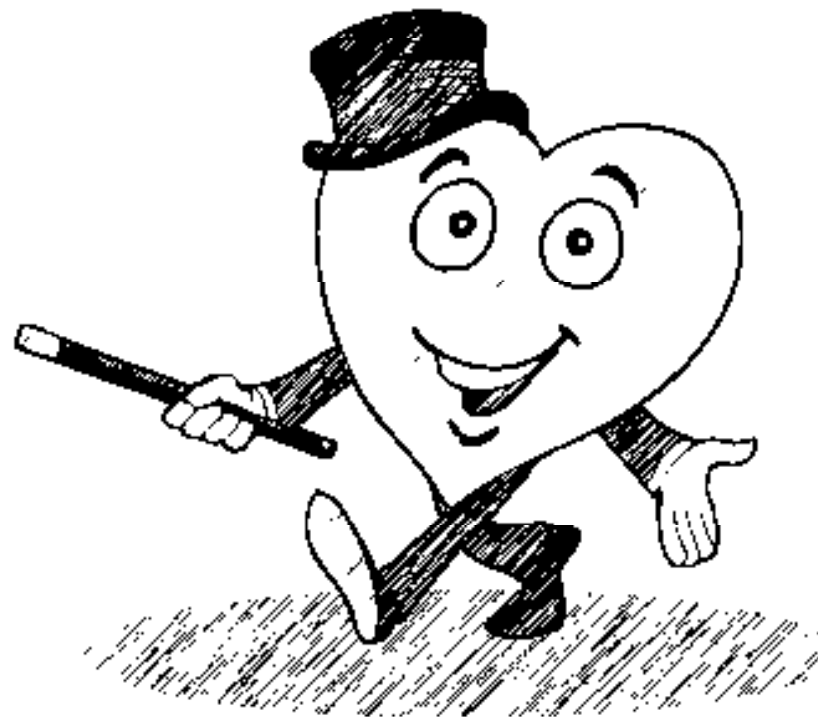
Back by popular demand is the Child, Youth and School Services Sweetheart Ball, which promises to be bigger and better than last year's event.

The 2011 ball, held for the first time last year in the Joe E. Mann Ballroom, attracted more than 200 parents and children.

"We are expecting more this year," said Cindy Andre-Noel, outreach services director. "We hope to have between 300 and 500 participants." This year's event is scheduled from 7 to 9 p.m., Feb. 11, in the Solomon Center and will feature a DJ to spin dance tunes for families.

One of the most popular features of last year's event was a candy buffet, designed by Beverly Metcalfe, CYSS administrator.

"I plan on really going all out and making the candy buffet even more spectacular than last year's," Metcalfe said. The candy buffet will be open during the last hour of the dance. Gentlemen of all ages will be given boutonnieres upon arrival



and the ladies (big and little) will receive a keepsake corsage.

In addition to dancing, there will be crafts and lots of other fun Valentine activities. The dress code is "Sunday best" to formal attire.

The event is free and open to all members of the Fort Jackson community. Parents, grandparents, aunts, uncles and siblings are all encouraged to attend. Re-

freshments will be served and of course, lots of photographs will be taken under the specially decorated Valentine's arch.

"Events like this are important for the Fort Jackson community because they are free and they give families an opportunity to spend time together, dance, have fun and build memories," Andre-Noel said.

Tickets are available for pick up at all CYSS facilities.

FMWR calendar

THURSDAY

- ☐ Visit **Century Lanes** for food, fun and bowling.
- ☐ **Victory Bingo**, 2 to 11 p.m.
- ☐ Sleepy Storytime at the **Post Library**, 6:30 to 7 p.m. Come in pajamas and go home ready for bed.
- ☐ **Magruder's Pub and Club** happy hour, 4:30 to 6:30 p.m. Appetizers are available, while they last.

FRIDAY

- ☐ Look what I can do, **Thomas Lee Hall Library**. Call 751-5589 for more information.
- ☐ Visit the **Officers' Club**, 11 a.m. to 1:30 p.m. for the seafood buffet.
- ☐ **Victory Bingo**, starts at 2 p.m.
- ☐ Dance to a variety of music provided by DJ Randall at **Magruder's Club**, 9 p.m. to 3 a.m. Magruder's Club is located in the back of Magruder's Pub. Cover charge is \$5 for civilians and \$3 for military. Every other Friday, sing along to Linda's Carraoke Karaoke. Be early for happy hour, 4:30 to 6:30 p.m. Appetizers are available, while they last.
- ☐ Every Friday is Artistic Expression with Jake at 6:30 p.m. in the Teen Room at the **Youth Services Center**.

SATURDAY

- ☐ **Victory Bingo**, starts at 1 p.m.
- ☐ Step Team practice, 2 p.m., dance room at the **Youth Services Center**.
- ☐ Classic Soul Saturday, 9:30 p.m. to 2 a.m., Excalibur Room at the **NCO Club**. Cover charge is \$5 for civilians and \$3 for military.

SUNDAY

- ☐ Try Hickory Bistro at the **Officers' Club**, 11 a.m. to 1:30 p.m. Get your favorite breakfast or lunch dishes at a new lower price.
- ☐ **Victory Bingo**, starts at 10 a.m.
- ☐ Every Sunday is Family Day at the **Youth Center**, 2-6 p.m.

WEDNESDAY

- ☐ Victory Readers Club, 6 to 8 p.m., **Post Library**.
- ☐ **4-H Club** meets 4 to 5 p.m; for grades 1-5. Call 751-1136 for information.

ONGOING OFFERS

- ☐ The Officers' Club specializes in wedding receptions, anniversaries, promotions and other special occasions. For more information, call 782-8761.
- ☐ The NCO Club breakfast buffet is 6 to 9 a.m., Monday through Friday. The cost is \$6.50 for adults and \$3.75 for children 4 to 10 years old. Lunch is 11 a.m. to 1:15 p.m. and is \$8 for adults.
- ☐ The Officers' Club is open for lunch Tuesday through Friday, 11 a.m. to 1:30 p.m.
- ☐ Child, Youth and School Services provides child care and youth programming on Saturdays at no cost for active-duty parents who must work to meet mission requirements. Others requiring care may sign up, but will pay the usual hourly rate. For more information, call 751-4865.



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Watch Fort Jackson video news stories
and Victory Updates
at <http://www.vimeo.com/user3022628>

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account and search for
"Fort Jackson Leader."



YOUTH SPORTS COACHES NEEDED

Volunteer coaches are needed in all youth sports.

"You don't need to have experience," said Darius Lane, director, Youth Sports and Fitness. "We have materials to help you out. We don't require any specialized training, but you do get training through our national association."

Youth Sports and Fitness offers coaches clinics, DVDs and booklets to help volunteer coaches.

Participation fees are waived for children of volunteer coaches during the season in which the volunteer is coaching.

Sports offered in the spring are track and field, soccer and baseball. Fall sports include: tackle football, flag football, soccer, cross-country and cheerleading. In the winter, two sports are offered — basketball and cheerleading.

"We need coaches for every season and every sport," Lane said. To volunteer or for more information, call Lane at 751-5040.

All volunteers are subject to local and national background checks.

Be ambitious for Jesus, not yourself

By **CHAPLAIN (MAJ.) ERIK GRAMLING**
Soldier Support Institute

“For where you have envy and selfish ambition, there you find disorder and every evil practice.” (James 3:16)

As a Soldier, I am surrounded by leaders and those aspiring to obtain positions of authority. You meet all types, but the ones who scare me are the overly ambitious. As A.W. Tozer, one of the most perceptive Christian writers of the 20th century, once put it: “I believe it might be accepted as a fairly reliable rule of thumb that the man who is ambitious to lead is disqualified as a leader.”

When I was in seminary, I read a quote by a well-known pastor who said: “Don’t preach unless you must. If you can do anything else, you probably should.”

What is it about ambition that gets us into trouble? Isn’t it the selfish desire to use its power, honor, fame or wealth for ourselves?

The Army calls these types of leaders, “toxic,” a name that fits very well with what they do to any unit or organization — poisoning the community and killing the morale.

The Apostle Paul spoke clearly against this selfish ambition throughout his letters to the saints, but did not shy from saying he was an ambitious servant of Christ when it came to preaching the gospel where Christ was not known

(Romans 15:20).

This tells us that God is not against ambition in general, but self-centered ambition. So how does one, as a person of faith, be ambitious without being toxic? It is a matter of the heart.

As a Christian pastor/preacher/chaplain, I must remind myself often that when it comes to leading or preaching, I must constantly guard my heart from motives that are self-centered. I could easily preach and pastor to be popular, to get a following, or simply to make myself feel good.

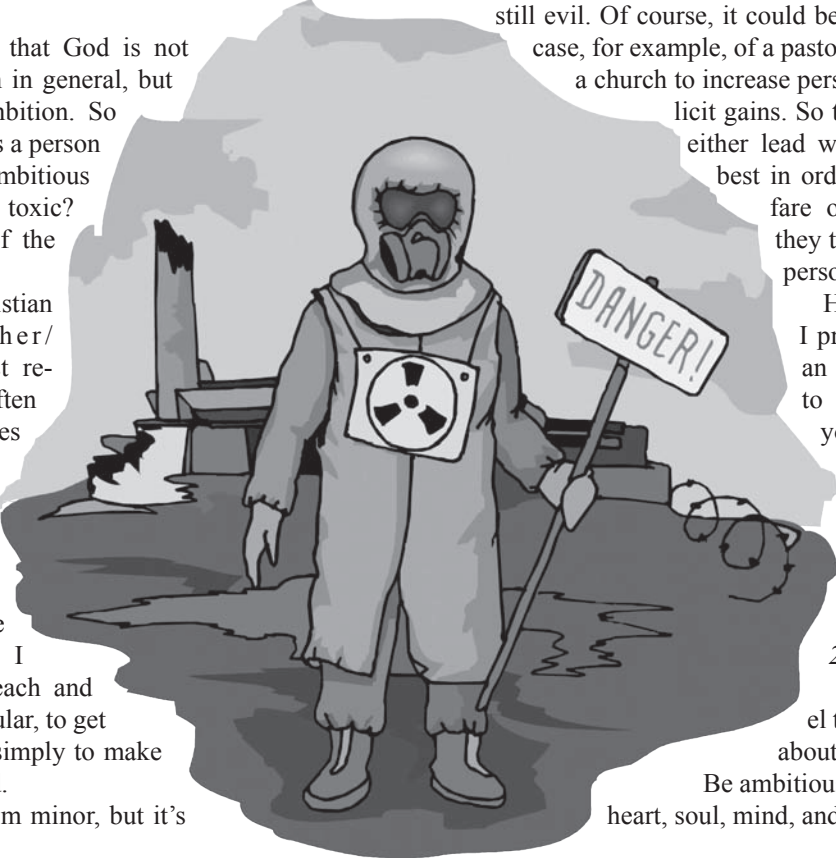
That may seem minor, but it’s

still evil. Of course, it could be much worse, as in the case, for example, of a pastor preaching and leading a church to increase personal wealth or other illicit gains. So too military leaders can either lead with ambition to be the best in order to improve the welfare of their entire unit, or they too can focus merely on personal gain.

Here is a challenge that I present today: If you are an Army leader, or aspire to be, pray and refocus your heart today to have the ambition of Christ who “made himself nothing taking the very nature of a servant ... he humbled himself.” (Philippians 2:7-8)

Isn’t that a good model to follow? What is toxic about a servant?

Be ambitious for Jesus with all your heart, soul, mind, and strength.



PROTESTANT

- Sunday
9 a.m. McCrady Chapel (SCARNG), McCrady Training Center
9:30 a.m. Hispanic, Post Theater
9:30 a.m. Main Post Chapel
8:30 a.m. Daniel Circle Chapel Gospel service, Daniel Circle Chapel (first service)
10:15 a.m. Daniel Circle Chapel Gospel service, Daniel Circle Chapel (second service)
10:45 a.m. Sunday school, Main Post Chapel
11 a.m. Memorial Chapel
11 a.m. Chapel Next and Children's Church, Bayonet Chapel
- Wednesday
6 p.m. Prayer service, Magruder Chapel

- Protestant Bible Study**
- Sunday
9:30 a.m. Chapel Next Bible study, Bayonet Chapel
 - Monday
7 p.m. Women's Bible study (PWOC), Main Post Chapel
 - Tuesday
9:30 a.m. to noon Women's Bible study

- (PWOC), Main Post Chapel
- Wednesday
6 p.m. Gospel prayer service, Daniel Circle Chapel
7 p.m. Gospel Bible study, Daniel Circle Chapel
7 p.m. LDS scripture study, Anderson Street Chapel
11:30 a.m. to 12:45 p.m. Fresh Encounter Bible Study, Family Life and Resiliency Center (5460 Marion Ave., left of the POV lot)
 - Saturday
8 a.m. Men's prayer breakfast (PMOC), Main Post Chapel (every second Saturday of the month in the activity room)

- Protestant Youth of the Chapel**
- Sunday
5 to 6:30 p.m. Club Beyond youth group, Main Post Chapel
 - Saturday
11 a.m. Daniel Circle Chapel youth group, Dorn VA Hospital (first Saturday of each month)

CATHOLIC

- Monday through Thursday
11:30 a.m. Mass, Main Post Chapel
- Sunday
9:30 a.m. CCD (September through May), Education Center
9:30 a.m. Religious ed class for adults (September through May), Main Post Chapel
9:30 a.m. Religious ed class for children (September through May), Main Post Chapel
10:30 a.m. Reconciliation (after Mass or by appointment), Main Post Chapel

- 11 a.m. Mass (Main Post Chapel)
12:30 p.m. Catholic youth ministry, Main Post Chapel
7 p.m. Women's scripture study, Main Post Chapel
- Wednesday
7 p.m. Rosary, Main Post Chapel
7:30 p.m. RCIA/Adult inquiry (September through May), Main Post Chapel
 - Friday
11:30 a.m. Ladies of the parish, Main Post Chapel (first Friday of each month)

ANGLICAN/LITURGICAL

- Sunday
8 a.m. Anderson Street Chapel

ISLAMIC

- Sunday
8 to 10 a.m. Islamic studies, Main Post Chapel
- Friday
1 to 2 p.m. Jumah services, Main Post Chapel

JEWISH

- Sunday
9:30 to 10:30 a.m. Worship service, Memorial Chapel
10:30 to 11:30 a.m. Jewish book study, Post Conference Room

LATTER DAY SAINTS

- Sunday
9:30 to 11 a.m. Anderson Street Chapel

- Thursday
7 to 8 p.m. LDS scripture study, Anderson Street Chapel

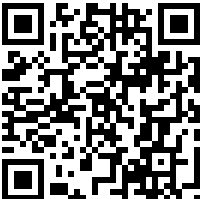
CHURCH OF CHRIST

- Sunday
11:30 a.m. Anderson Street Chapel

- ADDRESSES, PHONE NUMBERS**
- Anderson Street Chapel**
2335 Anderson St., corner of Jackson Boulevard, 751-7032
- Bayonet Chapel**
9476 Kemper St., 751-6322/4542
- Daniel Circle Chapel**
3359 Daniel Circle, corner of Jackson Boulevard, 751-1297/4478
- Education Center**
4581 Scales Ave.
- Family Life Chapel**
4580 Scales Ave, corner of Strom Thurmond Boulevard (inside of Main Post Chapel), 751-5780
- Magruder Chapel**
4360 Magruder Ave., 751-3883
- Main Post Chapel**
4580 Scales Ave., corner of Strom Thurmond Boulevard, 751-6469/6681
- McCrady Chapel (SCARNG)**
3820 McCrady Road (located at McCrady Training Center)
- Memorial Chapel**
4470 Jackson Blvd., 751-7324
- Warrior Chapel (120th AG Bn.)**
1895 Washington St., 751-5086/7427
- Installation Chaplain's Office**
4475 Gregg St., 751-3121/6318



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Army Nurse Corps celebrates 111 years of caring, devotion

Today is a great day for the Army Nurse Corps. One-hundred, eleven years ago, Congress passed the Army Reorganization Act, which established the Army Nurse Corps as a permanent corps of the medical department.

The ANC has come a long way since then, and I could not be more proud of being a part of it.

In 1947, the ANC was authorized permanent commissioned officer status for members of the Army Nurse Corps from the grade of second lieutenant through lieutenant colonel. And who would have thought 100 years ago that we would have a female Lieutenant General Army Nurse Corps officer in the position of Surgeon General?

I have two words for that — “amazing” and “inspiring.”

Lt. Gen. Patricia D. Horoho has been a very positive advocate in Army medicine for the Army Nurse Corps and gave us the Patient Caring Touch System. That system gives Army nurses better ways of taking care of our patients. Nurses used to work “for” the doctors and providers instead of working “with” the doctors and providers. The PCTS has made a huge impact on how we administer care to the population we serve, allowing the patient to be in charge of the team.

The Army Nurse Corps’ professional evolution reflects not only the need and requirement for a transformational Army, but also it

COMMENTARY

By 1ST LT. ASHLEY GRAY

Moncrief Army
Community Hospital



expands roles in support of the health care needs of our nation.

Throughout history, the Army Nurse Corps has earned the deep respect and gratitude of the American people because of the dedication of our nurses in providing the best possible care to our Soldiers and their Families.

As our Soldiers defend freedom across the globe, they can rest assured, should they get wounded or become ill, an Army nurse will be there. Over time, the Army’s mission has grown, yet there has been one constant — the devotion of the individual Army Nurse in providing excellent nursing care.

Any time our nation calls: “Courage to Care, Courage to Connect, Courage to Change” — Army Nurses always respond.

Tips help protect yourself from radon

By KARLA SIMON

U.S. Army Public Health Command

Radon is present in every geographic region in the United States. It is found in new and older homes, schools and workplaces. It has no odor or taste and it cannot be seen, yet it may be the most potent carcinogen in a home.

The Environmental Protection Agency estimates that more than 20,000 lung cancer deaths in the United States per year are caused by radon. According to the U.S. Surgeon General, it’s the second leading cause of lung cancer. Only smoking causes more lung cancer deaths.

Radon is

mainly produced from the natural decay of uranium in soil, rock and water. It is a radioactive gas that moves through the ground to the air above. Radon becomes a problem when it seeps through cracks and holes in a building’s foundation and accumulates in the basement or lower levels of a home. It is often measured in picocuries per liter (pCi/L).

The EPA recommends taking steps to reduce radon at confirmed levels of 4 pCi/L, or higher. However, levels less than 4 pCi/L still pose a risk.

Radon can build to an unhealthy level during colder months when home occupants try to conserve heat by keeping windows and doors closed.

Breathing these elevated levels of radon

can damage the lungs.

There are several ways to protect yourself:

❑ Test your home. Testing is the only way to find out if radon is present. It is inexpensive and easy, the cost is about \$20 to \$30.

❑ Don’t forget to test the water if it comes from groundwater, including well and municipal water. Dissolved radon can be released when water is heated and used.

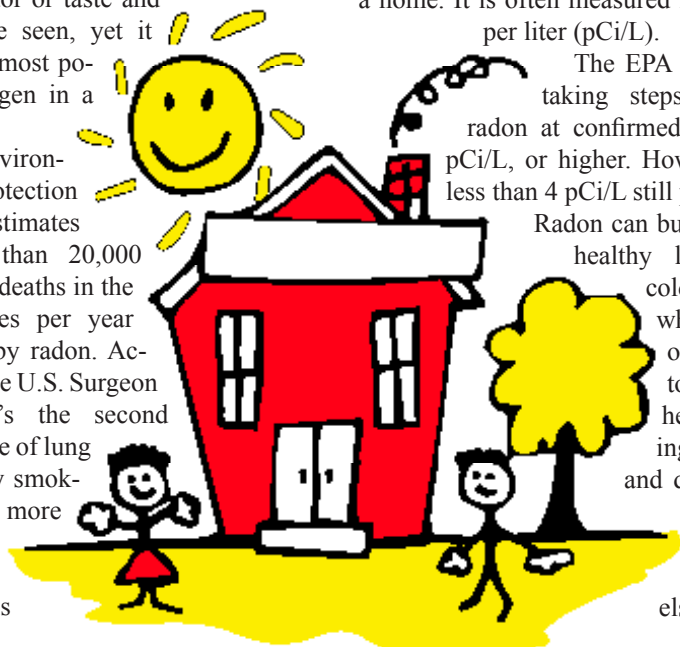
❑ If radon is detected, fix any problems with the foundation. Seal cracks and other openings around pipes and drains.

❑ Cover any exposed earthen walls.

❑ Paint concrete floors with a sealant.

❑ Depending on levels of radon found after testing, have a radon reduction system installed. Consult with a professional to determine the best system dependent on the home foundation type: basement, slab-on-grade or crawl space.

For more information about radon, including how to get a test kit, go to the EPA website at www.epa.gov/radon/pubs/consguid.html or call the Radon hotline, 1-800-sosradon (1-800-767-7236).



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For more information, call 751-7045.

MACH UPDATES

FLU SHOTS

Seasonal flu shots are available to eligible beneficiaries 4 and older from 8 a.m. to 4 p.m., Monday through Friday, at the Immunization Clinic on the sixth floor of Moncrief Army Community Hospital. Children 3 and younger may be vaccinated at the Family Health Clinic on a walk-in basis.

REFILL PHARMACY

Moncrief Army Community Hospital Refill Pharmacy is located in the Exchange next to the UPS store. The Refill Pharmacy offers a 24-hour turnaround service. If prescriptions are called in before noon, they are ready for pick-up the following day after noon. All call-in medications are kept on the pick-up shelf for seven business days after they have been filled. After seven business days the medications are returned to stock.

To reprocess the medication, patients must call or come into the Exchange Refill Pharmacy to request the refill. The Refill Pharmacy hours of operation are: 9 a.m. to 6 p.m., Monday through Friday, and 9 a.m. to noon, Saturday. For automated call in refills, call 751-2250 or (866) 489-0950. For the patient refill help line, call 751-4609.

LASIK SURGERY

The MACH Ophthalmology Clinic offers pre-operative screening exams and post-operative care for Laser Refractive Surgery. The service is available to eligible active-duty Soldiers. The surgery will be conducted at Winn Army Community Hospital at Fort Stewart, Ga. To be eligible, Soldiers must have 18 months left of active-duty service. For more information, call 751-5406.

TRICARE PRIME ENROLLMENT

MACH currently has TRICARE Prime enrollment availability for active duty family members and retirees and their family members. Pediatric enrollment is also available. For more information, visit the TRICARE service center on the 10th floor.

WOMEN'S SUPPORT GROUP

A support group for family members of Soldiers dealing with substance abuse, post-traumatic stress disorder and conflicts meets 5 p.m., every Wednesday at MACH, Room 7-90. The purpose of the group is to provide support, education and encouragement and to address issues in a safe and confidential environment.

MEDICAL HOME ENROLLMENT

Moncrief Medical Home continues enrollment to all active duty family member beneficiaries in all zip codes within the Columbia area. Visit the Fort Jackson TRICARE Service Center on the 10th floor of the MACH and complete the TRICARE Prime Enrollment and PCM change form.

MSRRA defines spouses' tax status

From the Legal Assistance Office

Military families need to be aware of the residency rules concerning taxation.

A little more than two years ago, the Military Spouses Residency Relief Act (MSRRA) became law and amended the Servicemembers Civil Relief Act (SCRA) so that when a service member leaves his or her home state in accord with military orders, the service member's spouse may retain residency in his or her home state (provided that the residence/domicile of the spouse and service member is the same) for purposes of taxation (both income and personal property), after relocating from that state to accompany the service member.

WARNING

The applicability of and eligibility under the MSRRA is very fact specific. Many states have differing guidance on the application of the MSRRA. This article is meant to be used for discussion only and is not to be used or construed as legal advice. If you believe the MSRRA may apply to you, you should consult with an attorney before claiming MSRRA protection and/or making any changes to withholding.

WHAT IS DOMICILE/LEGAL RESIDENCE?

It is the place that one considers "home." It is the place where one has lived and formed the intent to remain for the indefinite future and return when temporarily absent. Examples of contacts with a particular state that help prove domicile include: where one votes, owns property, holds professional licenses, registers vehicles, holds a driver's license, accepts tax breaks for a declaration of homestead, or indicates where his or her last will and testament should be probated. A determination of domicile will be fact specific. No particular combination of these or other similar contacts will necessarily guarantee proof of domicile.

Service members and spouses must look to state law. One may abandon an old domicile by forming the intent to create a new domicile and by establishing new contacts with the new domicile.

EFFECTS OF THE MSRRA BEYOND INCOME TAX

The MSRRA also exempts non-business personal property (most often automobiles) from taxation in the non-domiciliary state when the property is titled in the spouse's name or jointly with the spouse and service member.



As in the case of income tax, the spouse must be in the nondomiciliary state to accompany the military member on military orders. Previously, many service members and their spouses often resorted to titling vehicles and other property solely in the service member's name in order to assert the service member's protections under the SCRA

and avoid paying property taxes for the state they were stationed in. This was often a disadvantage to spouses, who gave up their ownership rights in the property.

The MSRRA also makes it easier for the spouse to vote in the domiciliary state by absentee ballot. Voting is a very important contact to help prove domicile.

COMMON MISUNDERSTANDINGS

The MSRRA does not allow a spouse to pick or chose a domicile in any state. Domicile is established, not chosen. The spouse must have actually lived there, established it as his or her domicile, and maintained it as such by forming and maintaining the necessary contacts. Similarly, the

MSRRA does not allow a spouse to "inherit" or assume the military member's domicile upon marriage.

The MSRRA does not allow a spouse to recapture an abandoned domicile without physically returning to live in the previously abandoned state of domicile and reforming the appropriate intent and demonstrating it by forming new contacts.

The MSRRA does not relieve the spouse from paying state income taxes on income other than for services performed in the non-domiciliary state. For example, income from the sale of real property or from rental property would likely be taxable in the state where the property was located, MSRRA notwithstanding.

States differ in their interpretation of MSRRA in terms of whether the spouse and service member must reside together in order to be exempt from taxes in the non-domiciliary state.

The MSRRA does not affect whether a spouse must get a driver's license in the nondomiciliary state. That is entirely a function of state law and is not affected by the MSRRA.

EXAMPLES OF HOW THE MSRRA IS APPLIED

A Soldier is a resident of Texas. The spouse takes the required steps to establish and maintain residency in Texas as well. The Soldier is assigned to Virginia, and the spouse moves to Virginia to live with the Soldier. She gets a job in Virginia. The spouse can assert the MSRRA and Virginia cannot tax the spouse's income earned in Virginia.

In the next scenario, the Soldier is a resident of Texas. He is assigned to Virginia, and while in Virginia, he meets and marries his spouse who is working in Virginia. The MSRRA does not permit the spouse to claim Texas residency, because she has no legitimate tie to Texas. Further, her residency is different from that of her husband's.

For more information on the MSRRA, call the Legal Assistance Office at 751-4287. Call the Installation Tax Center at 751-JTAX to have taxes filed.

FIRST RESPONDER

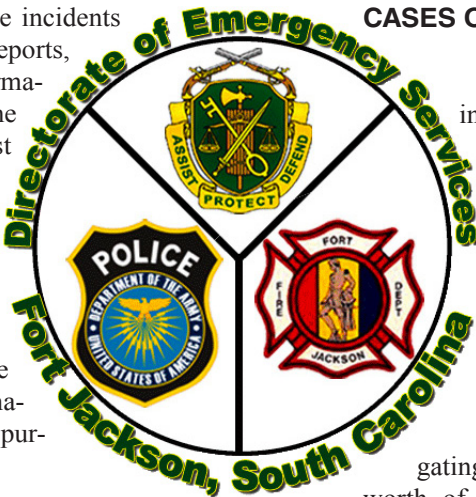
The following are incidents compiled from reports, complaints or information received from the Fort Jackson Provost Marshal Office.

The incidents reflected are not an adjudication attesting to the guilt or innocence of any person and are provided for informational and reflective purposes only.

Lt. Col. Raymond Simons
Director, Emergency Services/Provost Marshal

Sgt. Maj. Bruce Sirois
Provost Sergeant Major

Bill Forrester
Fire Chief



CASES OF THE WEEK

- ❑ Military Police are investigating the theft of approximately \$400 from a Soldier's room in the barracks. The money had been in a computer bag, which was secured in his closet, according to MPs.
- ❑ MPs are investigating the theft of \$1,800 worth of jewelry from a Soldier's room in the barracks.
- ❑ A civilian was issued a citation for driving with a suspended South Carolina driver's license while attempting to gain access to the installation. The civilian's vehicle was confiscated and towed off the installation.

FORCE PROTECTION THOUGHT OF THE WEEK



REPORT SUSPICIOUS ACTIVITY

Exercise to get a grip on love handles

I have often wondered why we use the term, “love handles,” to describe our waistline so affectionately. After all, we strive to reduce and eliminate love handles, not build them up to admire.

There are two types of body fat that creates this excess. The first is called subcutaneous fat. This type of fat is the one that is most visible when looking at your body. It is the one that can make us feel self-conscious because of the way it looks on our abdominal and back areas.

With proper changes in your physical lifestyle, you can make noticeable improvements in this type of body fat. Please note that subcutaneous fat can build up over the entire body, but we are focusing on the love handle area of the body only. When we develop love handles, we accumulate excess subcutaneous fat which spills over and creates noticeable rolls on our abdominal, waistline and/or back.

The second type of fat is called visceral. It is located deeper in our abdominal below our muscle surrounding vital organs. Visceral fat is dangerous and links to health risks. The more visceral fat we carry around the higher our chances of developing insulin resistance which can lead to a form of diabetes, heart disease and other metabolic syndromes.

In the October issue of the “Journal of Applied Physiology,” a study done on exercise and visceral fat showed

The Weigh It Is
By Pamela Greene
*Fitness programmer,
Family and Morale, Welfare
and Recreation*



that a modest exercise routine of walking briskly 30 minutes daily could prevent accumulation of visceral fat. It also noted that working out more than 30 minutes daily actually reverses the amount of visceral fat that we have. This is powerful, encouraging news that should motivate us.

I do not want to minimize the seriousness of both types of fats in the area of our abdomen. Subcutaneous fat can also become a health risk.

Methods to controlling our love handles are pretty standard. As with all types of body fat and extra weight, exercise and healthy eating are the king and queen for success. Begin by eating high-quality foods that are low in sugar and sodium.

Avoid foods high in fat, refined white flour or empty

calorie foods like candy. Aim for high fiber, whole grains, fruits, vegetables and the leanest of proteins. Your regular meals should be dominated with these types of foods to help get you in the best shape of your life.

Strive to eat often — about every three hours will help keep hunger at bay and keep your metabolism revved up.

Finally, try to reduce your calorie intake by approximately 500 calories per day. This is the equivalent of losing about a pound a week.

Next, add the exercise.

It is already determined that daily cardio exercise (such as walking) works well at decreasing abdominal body fat. Make an effort to work out 30 minutes to improve your cardiovascular endurance while burning calories and body fat.

Follow with about 15 minutes worth of conditioning that is specific to the abdominal and waistline. Abdominal crunches, side bends, pushups, plank holds, and pilates are excellent exercises that will show noticeable improvement in your waistline and back.

Add strengthening moves too that develop stronger muscles along your spine and lower back. Wrap up your exercise routine with a thorough stretch for the abdominal and back area. Completing your cardio and conditioning exercises with a good stretch will help keep soreness at a minimum.

Sports shorts

DARTS SEASON TO START

The darts season is scheduled to begin today. League play will be 5:30 p.m., Thursdays at Magruder’s Pub. For more information, call 751-3096.

SWIM MEET SCHEDULED

A swim meet is scheduled for 8 a.m., Saturday at Knight Pool. The events offered are 50 and 100 freestyle, breaststroke, butterfly and backstroke. In addition, two relay events, freestyle and medley, are on tap.

For more information about intramural sports, contact the Sports Office at 751-3096.



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